Cajun Crab Stuffed Summer Flounder Over Spring Vegetable Risotto

Yield 4 Servings

Cajun Crab Stuffed Summer Flounder Ingredients:

- 2 lbs Summer Flounder
- 1 cup Crab meat drained, flaked and cartilage removed
- 4 each Saltine crackers, crushed
- 1 tablespoon Red bell pepper, finely chopped
- ¼ teaspoon Dry mustard
- ¼ teaspoon Salt
- ¼ teaspoon Worcestershire sauce
- ¼ teaspoon White pepper
- 1 Egg white
- 1 tablespoon Mayonnaise
- ¼ cup Butter, melted
- 1 tablespoon Cajun seasoning

Directions:

Drain the crab meat and place in a bowl. Flake with your hands feeling for any cartilage or shells, remove as necessary. Add crushed crackers, bell pepper, mustard, salt, pepper, worcestershire sauce, mayonnaise, egg white and melted butter. Mix together to combine.

Season flounder filets with cajun seasoning, add 2 tablespoons of stuffing to the middle of the seasoned filet and roll. Place in a buttered baking dish seam side down. Pour any remaining melted butter over filets.

Preheat the oven to 350°F and bake fish for 20-25 minutes or until the internal temperature has reached 140°F. Serve over risotto with a slice of lemon.
Spring Vegetable Risotto Ingredients:

3 cups Vegetable stock
1 Tablespoon Extra virgin olive oil
1 medium Shallot, minced
2 cloves Garlic, minced
1 cup Arborio rice
½ cup Dry white wine
¼ cup Parmesan cheese, grated
½ cup Mascarpone cheese
1 teaspoon Lemon zest
1 teaspoon Lemon juice
1 cup Fresh or frozen peas
1/2 cup Yellow squash, small diced
1/2 cup Zucchini squash, small diced

Directions:

1. In a medium saucepan bring the vegetable stock to a simmer over low heat.
2. In a large saute pan, heat the olive oil over medium heat. Add in the shallots and garlic and saute until fragrant and translucent. Add in the rice and stir to coat. Toast the rice in the pan for about 1 minute or until you smell a nutty aroma.
3. Add the wine and stir into the rice until absorbed. Add a 4oz ladle of stock into the rice and stir until it's absorbed. Continue this process until the rice is cooked.
4. When the risotto is just about done add in the peas, squash, and zucchini.
5. When the risotto is done stir in the mascarpone, parmesan, lemon zest and juice.
6. Serve immediately